

**GOURMET PANINI  
AMONG MANY CHOICES  
AT 3 SISTERS CAFE  
LUNCH RUSH** {page 17}



**MORE  
THAN FRIENDS  
JEN FINDS BLISS  
WITH NEW BEAU** {page 12}



OTTAWA

**metro**®

Tuesday, June 28, 2011  
www.metronews.ca



News worth  
sharing.



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# City free to splash

► All residential and commercial water restrictions lifted in Barrhaven, Manotick and Riverside South ► City expects water-main repair costs to be close to original estimate of \$8.5 million

Under the blazing sun of a hot afternoon in Riverside South, Mayor Jim Watson announced yesterday the outdoor water ban in the city's south end is finally over.

Watson made the announcement at a splash pad in Claudette Cain Park alongside councillors Jan Harder and Steve Desroches.

"This is the news that residents have been waiting to hear for the last two months," said Harder. "I'm so happy. Before Canada Day — I'm happy."

The water ban had been in place since April 27, following the bursting of the Woodroffe Avenue water main in January. Now, the city has installed cutting-edge fibre-optic cables to monitor the strength of the pipe.

"My whole view is this is a lesson learned and we've obviously got to continue to be vigilant," said Watson.

The city said residents can resume regular water use including washing vehicles, watering plants, gardens and lawns. In addition, splash pads will now be open all week long.

● JOE LOFARO



► Mayor Jim Watson and councillors Jan Harder and Steve Desroches splash Desroches' three-year-old son, Bennett, at the splash pad in Claudette Cain Park after a press conference yesterday.

In court

## Violent games win fight

► U.S. Supreme Court overturns California ban on selling violent titles to children {page 4}

## In the writer's seat

Nia Vardalos talks to Metro about teaming up with Tom Hanks again {page 10}



## Wish you could work from home?

Seven drawbacks to keep in mind {page 20}

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Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

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# Lansdowne judge looks for compromise

A judge hearing a court challenge to a deal to redevelop Lansdowne Park said yesterday he may delay his decision if there is possibility of compromise or a political solution.

Meanwhile, Mayor Jim Watson said city councillors won't be talking about Lansdowne Park until the court case is over.

Justice Charles Hackland asked Steven Shrybman, the lawyer for Friends of Lansdowne, the group contesting the deal, whether he would be satisfied if the group's complaints were addressed by city council.

Shrybman said it's too late to resolve the group's objections, saying, "I don't think you can, in

my opinion, unscramble those eggs."

One of the main problems unearthed in court is a calculation error in the plan that means the city's "funding equity" is about \$63 million less than the figure presented to council when they approved the redevelopment last June.

● JESSICA SMITH



► Members of the Friends of Lansdowne pose outside the Elgin Street court house.

JESSICA SMITH/METRO

# Social media a fad to Green

► Comedian guards privacy ► Hard at work on standup tour, TV special, Edinburgh comedy fest in August



SEAN MCKIBBIN  
@METRONEWS.CA

The man who pioneered bizarre-behaviour comedy says the media and in particular social media helped fuel the recent riots in Vancouver by rewarding outrageous behaviour.

"If there was no Facebook, if there was no YouTube, if there was no cellphone cameras, there would have been no riot," said Green last week as he talked to Metro about his return to Ottawa tonight for a one-night standup show at Yuk Yuk's. Green was adamant that while outrageous behaviour earned him a career, he always knew where to draw the line.

"I never did anything illegal. I never set a police car on fire."

A little older, a little wiser and definitely with a

**"They're going to see all sides of me.... I'm going to turn all around. You'll see the front of me, you'll see the back of me ... I'm going to stand on my head at one point. You might even see the bottom of my feet."**

TOM GREEN, AFTER BEING ASKED WHETHER PEOPLE WILL SEE A NEW SIDE OF HIM IN HIS STANDUP ROUTINE

lot of things on his mind, Green said his show will cover many current events and issues, including the social media and digital-camera onslaught that turns everyone simultaneously into paparazzi and prey.

"You can't really escape, you never feel like you have any privacy," he said. "Say you head out to the



► In this file photo from 2005, comedian Tom Green attempts to get in on the scrum with Irwin Cotler, then justice minister, outside the House of Commons after question period. While Green says his outrageous antics have paid off handsomely, he says mainstream and social media have gone further and promoted outright illegal behaviour.

FRED CHARTRAND/THE CANADIAN PRESS

strip club ... then somebody takes your picture, then your wife sees you at the strip club. That's not very good for you, is it? It's not going to work out well

for you in the end, is it?"

Green said he has left Facebook and while he said he is having fun with Twitter, he calls both platforms fads. He pointed to

the recent exodus of 7 million Facebook users as evidence that people are starting to come to grips with the problems of the Internet.

## Green's hip Ottawa list

Ottawa is "a lot more hip than it has ever gotten credit for," according to Tom Green, who says in Los Angeles, in the summer, he'll often pine for Ottawa.

"I grew up in a rap group in the late '80s, early '90s, and that was before a lot of people were rapping in the U.S. Because Ottawa is a conservative place and it is

### Capital cool

Tom's coolest things about Ottawa that don't get enough credit:

- Skateboarding in the tunnels at Carleton University — you're not allowed to do it, but it's fun.

not a media centre, the people who are creative in

- Ottawa summers.
- ByWard Market.
- Gatineau Park.
- Zaphod Beeblebrox.
- The Royal Oak.
- Shawarma King on Bank Street.
- The Black Sheep Inn.

Ottawa definitely do dig deeper." ● SEAN MCKIBBIN

### News in brief

#### Man hurt in crash

**MOTORCYLIST.** A 58-year-old man was sent to hospital Monday morning with a fractured right arm, as well as right leg and foot injuries, after his motorcycle collided with a car. Paramedics said the man was in serious condition. The occupants

of the car were not injured. ● JOE LOFARO

#### Cops seek thief

**ROBBERY.** Police are looking for a 20- to 30-year-old white man with a patchy beard who robbed an Ultramar gas-station clerk at knife point at 395 Montreal Rd., around 2 a.m. yesterday. Anyone with info is asked to call the robbery unit at 613-236-1222 ext. 5116. ● METRO

1  
news



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# Violent games win court fight

► Minor's video game law overturned by U.S. Supreme Court ► Games get First Amendment protection ► Developers and sellers celebrate decision

## Proposed law

- California's 2005 law would have prohibited anyone under 18 from buying or renting games that give players the option of "killing, maiming, dismembering, or sexually assaulting an image of a human being."
- Parents would have been able to buy the games for their children, but retailers selling directly to minors would have faced fines up to \$1,000 per game sold.
- Children would have needed an adult to get games like *Postal 2*, the first-person shooter by developer Running With Scissors that features the ability to light unarmed bystanders on fire.
- The law never took effect. Lower courts have said the law violates minors' constitutional rights.

The U.S. Supreme Court has refused to let California clamp down on the sale or rental of violent video games to children, saying governments lack authority to "restrict the ideas to which children may be exposed" despite complaints that the popular and fast-changing technology allows the young to simulate acts of brutality.

Yesterday, on a 7-2 vote,

the high court upheld a federal appeals court decision to throw out California's ban on the sale or rental of violent video games to minors. The 9th U.S. Circuit Court of Appeals in Sacramento had ruled that the law violated minors' rights under the First Amendment, and the high court agreed. There is no definitive proof that violent video games cause harm to children, or any

more harm than another form of entertainment, said Justice Antonin Scalia, who wrote the majority opinion. He noted there is no tradition in the United States of restricting children's access to depictions of violence, pointing out the violence in the original depiction of many popular children's fairy tales like Hansel and Gretel, Cinderella and Snow White. **THE ASSOCIATED PRESS**

## DISSENTING JUDGES' OPINIONS

Justices Clarence Thomas and Stephen Breyer agreed the California video game ban should have been upheld,

Breyer said the court's decision creates an insurmountable conflict in the First Amendment, especially considering

that justices have upheld bans on the sale of pornography to children.

"What sense does it make to forbid selling to a 13-year-old boy a magazine with an image of a nude woman, while protecting the sale to that 13-year-old of an interactive

video game in which he actively, but virtually, binds and gags the woman, then tortures and kills her?" Breyer said.

Two other justices indicated they would be willing to reconsider their vote throwing out the law. **THE ASSOCIATED PRESS**



► JT Taga-Anderson, 9, left, and Mika Taga-Anderson, 13, play *Grand Theft Auto IV* in Los Altos, Calif., Sunday.

# 'Bikeability Index' promotes urban cycling

University of British Columbia researchers are pedalling past the old adage "You are what you eat" to propose that bike-friendly city design can have a revolutionary impact on health and fitness.

Arguing the blueprint of a community influences the amount of physical activity its citizens get, they propose the new saying should be "You are — where you live."

The team has created

what they've dubbed the "Bikeability Index," a mapping tool that scores neighbourhoods on how accommodating they are to cyclists.

The online, colour-coded maps currently correspond to Vancouver — a city that's pushed hard to get people out and about on two-wheels in recent years — and its surrounding municipalities. They chart the availability and quality of bike facilities in individual



► A cyclist rolls down a bicycle lane in downtown Montreal last August.

areas, how connected streets are, topography and land use, and then sum up the results to provide cities with a big-picture rating.

Lead researcher Meghan Winters said the team's primary goal is to deliver the maps to the hands of urban planners, who can use them as visual aides to identify which areas of a city should be improved to promote a cycling break-away.

"People ... assume that

walkability and bikeability (are) the same thing," Winters said. "But it's not actually true. People need different things when they're on their bikes."

**THE CANADIAN PRESS**

**2,100** Data was collected from more than 2,100 people and was also compiled using public-opinion surveys, studies of travel behaviour and focus groups.

## HIV killer has very high libido: Crown

The Crown said a man thought to be the first in Canada convicted of murder through HIV transmission has an abnormally high libido that could lead him to reoffend if he's eventually freed.

The Crown, making closing arguments in Hamilton yesterday, is seeking to have Johnson Aziga designated a dangerous offender, which would see him

jailed indefinitely.

Aziga was convicted in 2009 of two counts of first-degree murder, 10 counts of aggravated sexual assault and one count of attempted aggravated sexual assault.

His convictions are related to 11 women with whom he had unprotected sex without telling them he had HIV.

**THE CANADIAN PRESS**

## Wrong-turn penguin on the mend

New Zealand's favourite penguin visitor is more lively and eating fish after undergoing endoscopic surgery yesterday to remove some of the beach sand and twigs it swallowed, apparently mistaking it for snow.

Full recovery for the young emperor penguin — affectionately dubbed

MARK MITCHELL/NEW ZEALAND HERALD/THE ASSOCIATED PRESS



► Emperor penguin Happy Feet.

Happy Feet — may take months, and officials are unsure when or how it could return home to the Antarctic, about 3,200 kilometres away.

**THE ASSOCIATED PRESS**

## Toronto mayor may go to Pride Week

Toronto Mayor Rob Ford said he would take it "one day at a time" when asked if he would be going to any events at the annual 10-day festival celebrating gay pride.

The comments came after a handful of protesters, angry the mayor might be missing Pride Week, interrupted the event's flag-raising at city hall today.

They began yelling "Bring out the mayor! It's the mayor's job!" and "Where's Rob Ford?"

Ford said last week he won't be attending the annual Pride parade.

Instead, he said, he will be honouring a tradition by spending the upcoming Canada Day long weekend at his cottage.

**THE CANADIAN PRESS**



## Tennis. Treat



► Britain's Duke and Duchess of Cambridge watch the match on centre court at the All England Lawn Tennis Championships at Wimbledon yesterday.

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

## Prepping for royal protest

A fringe Quebec pro-independence group is hiring dozens of burly security guards to ensure a protest planned for Prince William and Kate's upcoming visit to Quebec City doesn't get out of control.

# Jury convicts Blagojevich

► Found guilty on 17 of 20 counts ► Faces up to 300 years in prison but federal sentencing guidelines will significantly reduce time

Rod Blagojevich, who rode his talkative everyman image to two terms as Illinois governor before a scandal made him a national punch line, was convicted yesterday of a wide range of corruption charges, including the incendiary allegation that he tried to sell or trade President Barack Obama's Senate seat.

The verdict was a bitter defeat for Blagojevich, who

had spent two and a half years professing his innocence on reality TV shows and later on the witness stand. His defence team had insisted that hours of FBI wiretap recordings were just the ramblings of a politician who liked to think out loud.

The decision capped a long-running spectacle in which Blagojevich became famous for blurting on a

recorded phone call that his ability to appoint Obama's successor to the Senate was "f—ing golden" and that he wouldn't let it go "for f—ing nothing."

Blagojevich, who has been free on bond since shortly after his arrest, becomes the second straight Illinois governor convicted of corruption. His predecessor, George Ryan, is now serving six and a half



► Blagojevich

years in federal prison.  
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# HMV Canada gets cash infusion

► **Company hopes more product categories, loyalty cards and revamped stores will boost flagging sales**

The new owner of 121 HMV stores in Canada has agreed to invest up to \$25 million to fund the evolution of the music, video and game retailer as it adjusts to the digital world.

Paul McGowan, chief executive of Hilco UK, said yesterday that HMV Canada's management team has a plan to maintain sales of CDs, DVDs and Blu-rays at its stores, though he didn't go into details.

"The new product categories it is introducing to the business will help sustain sales levels during the transition of entertainment sales into the digital realm," he said.

## Download spiral

► **HMV has been struggling** to overcome the downturn in sales of CDs, tapes and DVDs.

► **The growing popularity** of digital forms of music, video and text has had a devastating impact on some retailers and their suppliers.

► **In May, Blockbuster** Canada went into receivership. Nearly 150 Canadian Blockbuster stores closed this month.

HMV has been reworking many of its Canadian stores to focus on a broader

selection of music- and film-related products, including T-shirts, headphones, video game controllers and electronics, in an effort to curb declining revenues as disc sales weaken and more shoppers opt to download content.

The company said it would disclose its next steps within weeks.

Hilco UK, a specialist in restructuring retail businesses, paid the equivalent of \$3.2 million to British retailer HMV Group PLC to buy the Canadian stores.

Hilco is expected to dig deep into HMV's operations to figure out where corners can be cut. **THE CANADIAN PRESS**

## Lower gas prices won't last: Expert

The pump-price relief that Canadians are experiencing is likely to be short-lived because a recent move to release 60 million barrels of crude into the global market is expected to backfire, an energy consultant said yesterday.

"The prices you're seeing now are just about as

low as they're going to get" all summer, said Roger McKnight of En-Pro International in Oshawa, Ont.

On Thursday, the International Energy Agency said it would sell the crude in response to supply disruptions in Libya. McKnight said the move was political, aiming to lower

fuel costs at the height of the summer driving season and serve as a "rap on the knuckles" of the Organization of Petroleum Exporting Countries and Wall Street speculators.

Of the resulting price drop he said, "I wouldn't give it more than 10 days."

**THE CANADIAN PRESS**

## Chug. A-lug



► Emily van der Wall of Sotheby's wine department holds an imperial — equal to eight bottles — of Chateau Petrus 2000 at Sotheby's London yesterday. The imperial is expected to fetch up to \$41,000 at auction on July 6.

AKIRA SUEMORI/THE ASSOCIATED PRESS

## Oh goodie, more bills: Posties back on job

Canadians can expect to find bills, letters and magazines in their mailboxes once again.

Canada Post says mail delivery will resume today, after Parliament passed back-to-work legislation over the weekend.

However, the Crown corporation warns it will take time to get back to "normal delivery standards" due to the backlog of unprocessed mail that accumulated during the month-long labour dispute.

Canada Post brought mail delivery to a complete halt by locking out employees on June 14. The Conservative government served notice immediately that it would legislate an end to the dispute.

Some workers continued to man picket lines early yesterday, but Canada Post spokesman Jon Hamilton said there's no sign that lingering resentment over the manner in which the dispute was ended will further disrupt mail service.

"There's no question we're going to have to, you know, rebuild relationships and figure out a way that we can work together to build a postal system that's going to serve Canadians well into the future."

**THE CANADIAN PRESS**

## Something for the cellar

### Market moment

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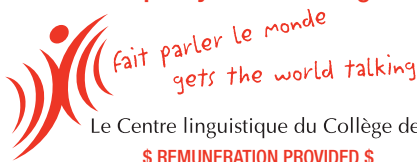
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# BARING THE TRUTH ABOUT LINGERIE

## SHE SAYS ...

JESSICA NAPIER  
METRO



Women are better dressers than men; even when they're undressed.

Nine out of 10 men arrive in the bedroom clad in novelty print boxer shorts or a pair

of briefs with elastic that gave up three weeks ago. Strangely, they expect their female bedmates to put a little more effort into their costume choices.

This is what keeps Victoria's Secret in business.

The bright pink lingerie mecca is an exhilarating place to be. Undergarments are mounted in displays with their own built-in lighting. Walls are lined with fragrances that have ambiguously sexy names like Fantasies, Attractions and Bombshell and all smell exactly the same. There are 11 different styles of underwear. ELEVEN.

After roaming the cavernous rooms of bras and body lotions, you enter a boudoir-like dressing room that will

make you feel like you're preparing to go on stage at the Moulin Rouge. Inside the dimly lit cubicle you will struggle into a corset-style contraption that actually makes you look amazing. With lace, ribbons and plenty of boning, it's possible to convince yourself that you, too, are worthy of a pair of angel wings.

Before you know it, you're intoxicated on the scent of Very Sexy Summer and you have dropped \$200 on an embroidered baby doll and two containers of

mango temptation body butter.

For the next 30 minutes you are the sexiest woman in the world. You ooze sensuality as you strut through the mall; nothing could kill your buzz. Until you get home.

Back in the harsh reality of your well-lit apartment you begin to think that maybe you don't actually look that fantastic squeezed inside this torture device masquerading as underwear. All of a sudden those feathers don't make you look fun and flirty; they make you look like a slutty Muppet.

Worst of all is the realization that nothing in your wardrobe is capable of concealing this getup. You would need to wear a burlap potato sack in order to hide the awkward lines and protruding ruffles attached to the apparatus that is now trying to suffocate you.

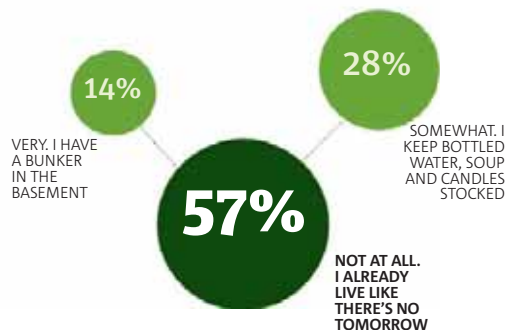
Since real life doesn't permit "let me slip into something more comfortable" opportunities, you will ultimately decide to ditch your fancy lingerie in favour of a practical tummy-trimming spandex number with a decidedly un-sexy name like Spanx. This, of course, will lead to the eventual Bridget Jones moment you have been dreading, where you are discovered to be the sensible, high-waist, control-top woman that you have been trying to hide all along.

Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)



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[metrolifepanel.ca](http://metrolifepanel.ca)  
and take the quick poll

How prepared are you for a natural disaster?



## Local tweets



@drag likepull: I'm not sure what it says about

Canada that Pierre McGuire is the highest trending topic in the country. I guess we love hockey. #noreal

@thedantripp: @CarlyD Thanks! Retirement was fun, but the high riding pants and suspenders began to chafe. That and I never really mastered shuffleboard.

@ottguy: Thank god RibFest is over so we can get back to shooting a cannon down Sparks Street Pedestrian Mall and not

hitting anyone. #Ottawa @missfish: A stingy insect flew down my shirt and stung me 4X! Least I didn't whip my t-shirt off in the middle of the street.

#ZonedOutOnBenadryl @ksidis: #thatawkwardmoment you get in the car but something feels really off while your driving, then realize you can't reach the pedals.

@Marty\_Chan: Ottawa cancels funding for Summerworks one year after Harper complains about one of the plays. Coincidence? <http://bit.ly/j5Hqox>

## Worth mentioning

**OTTAWA.** Canadians are a talented bunch with a lot of bright ideas — but we struggle to cash in on those ideas. That's the conclusion of a new report by an advisory body to the federal government on science and technology matters.

The Science, Technology and Innovation Council's report, to be released today in Ottawa, found Canadian businesses don't spend nearly as much on research and development (R&D) as other countries.

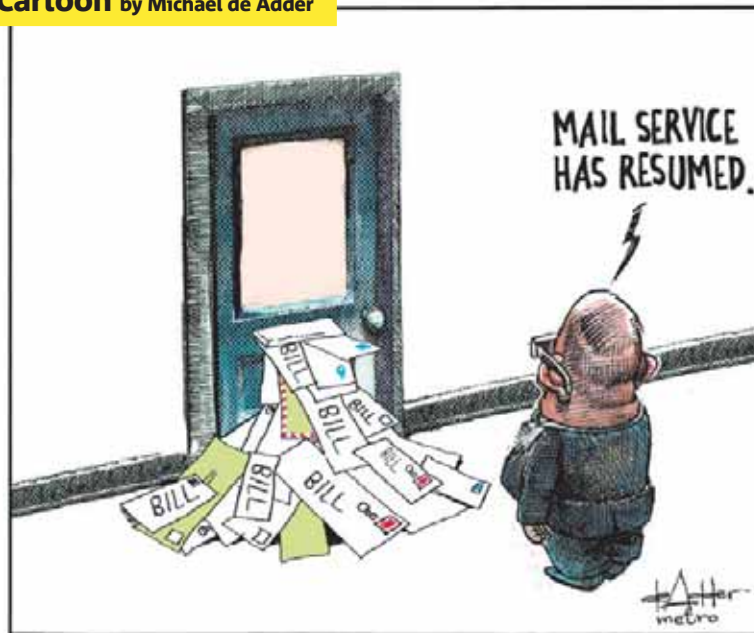
And that could affect Canada's ability to turn ideas into products and services that can be sold globally.

"An excellent talent pool and increased efforts by government, higher education and some industries are not preventing stagnation in Canada's overall innovation performance," the report says.

"Despite an overall economic performance the past two years that has exceeded that of its major trading partners, the current level of effort by all performing sectors has not been sufficient to bring Canada's expenditures in R&D to the G7 average."

THE CANADIAN PRESS

## Cartoon by Michael de Adder



## WEIRD NEWS

## Iran ready to monkey around in space

Iran says it plans to send a monkey into space next month as the next step in a space program that Western leaders worry could also bring major advances in Iran's missile arsenal.

The state-run news agency IRNA quotes the head of Iran's space agency yesterday as say-

ing that five monkeys are undergoing tests and one will be selected for the flight on a Kavoshgar-5 — or Explorer-5 — rocket.

Last year, Iran announced it had launched a rocket carrying a mouse, turtle and worms into space.

The U.S. and allies are concerned the technology in the space program could also be used to develop long-range missiles with possible nuclear warheads.

Iran denies it seeks nuclear arms and says it wants only energy-producing reactors.

THE ASSOCIATED PRESS







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2  
scene

## Back in the writer's seat

► Nia Vardalos teams up with Tom Hanks (again) to write Larry Crowne ► She dishes to Metro on working with Hanks, her latest project and heading to Winnipeg this summer



NED  
EHRBAR  
SCENE@METRONews.CA

Actress, writer and director Nia Vardalos admits that she actually loathes writing — except when it's for Tom Hanks, who's been a close friend and colleague since he produced her first film, *My Big Fat Greek Wedding*.

The pair teamed up for the script of Hanks' latest, *Larry Crowne*, so hopefully that writing experience wasn't too terrible. Metro caught up with the Winnipeg native to talk about working with Hanks, heading home this summer and the legacy of her breakthrough film.

#### How is Tom as a boss?

Well, besides the alcoholic blackouts, he's awesome (laughs). Clearly, you see him. He's one of the most gregarious, fun-loving, well-read, interesting people I've ever met — who happens to be married to my fantastic friend, Rita Wilson. They're just a stellar, shining example of people who have maintained their civility and humanity in a cesspool of an industry. And I just love them both.

#### What makes the three of you click so well?

We're all dorks, and we like to laugh at ourselves and each other.

#### It's been almost 10 years since *My Big Fat Greek Wedding*.

Isn't it hilarious? Just today

in Times Square, a gaggle of beautifully black-haired Japanese girls screamed when then saw me. They were all going for their cameras, and this one girl kept bowing and saying, "I am Toulal! I am Toulal!" That makes me cry. That's a really cool feeling.

#### How have you dealt with the pressure of having such a big hit right out of the gate?

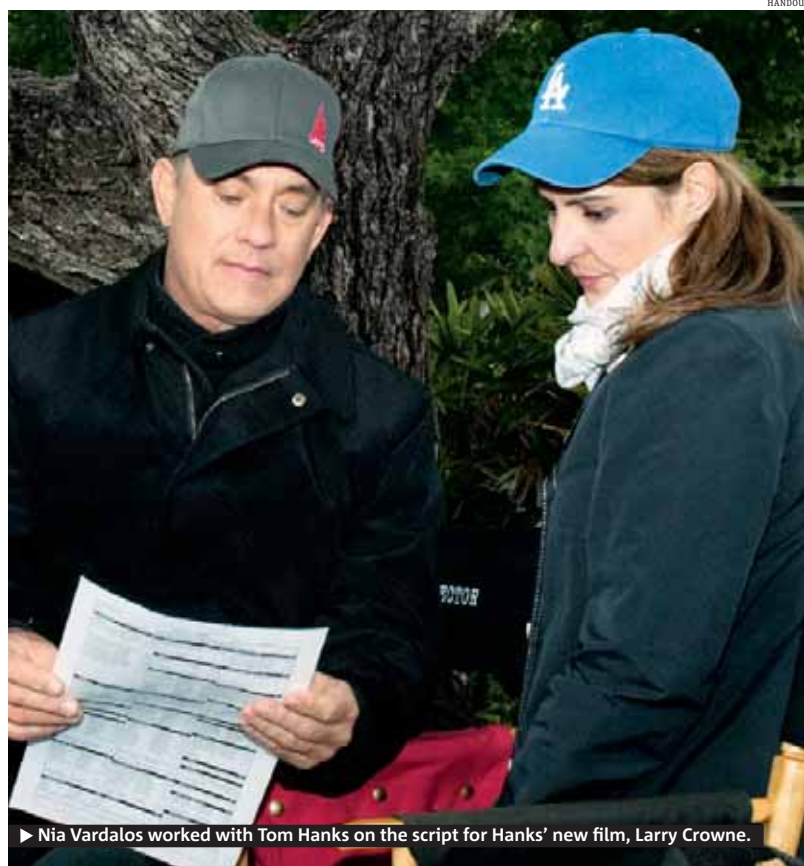
Some people ask me that, but I just don't feel it. I don't think of things that way. I'm such an optimist, I feel no pressure whatsoever. I don't look at anything in terms of monetary success because that's rather gauche.

I just kind of look at it as that movie opened so many doors for me. I met fantastic people, I had dinner with the Queen of England and I met Elton John, and these are not things that I ever aspired to. I never even dared to hope that they would happen. So I don't think of anything as a pressure. It's just, "What's next?"

#### You're going home to Winnipeg soon to film an *American Girl* movie.

Yeah, I'm really excited. I'm giddy about getting the chance to go back to Winnipeg and spend some time with my family, but also that I got offered a role that I didn't write. I think I Tweeted out that it's another sign of the rapture.

#### What are you looking



► Nia Vardalos worked with Tom Hanks on the script for Hanks' new film, *Larry Crowne*.

#### forward to most about going back?

I'm looking forward to hanging around with family, and my daughter having time with grandparents and cousins.

And also I'm actually a huge fan of the *American Girl* series because they promote girl power without being anti-boy, and I

like that. I don't believe in an us-or-them mentality. Even with *Bridesmaids* making such a huge splash, I didn't see it like, "Yeah! One for the women!" That is, I feel, pandering to us. We know we're funny. It's one for comedy. I just love that entire movie, and that's how I feel about *American Girl*

— not the same, G versus R. But, it's about empowerment and about being your best you without it being at the expense of another of the other gender.

#### An R-rated *American Girl* movie would be very interesting, though.

You're right, you're right. We should write that.

#### Flood relief



Hollywood actor and Minot, North Dakota native Josh Duhamel has been named honorary chairman of a fund set up for the city's flood recovery. The fund will help Minot and the surrounding area with grants for construction materials, mortgage help, household items and other needs.

THE ASSOCIATED PRESS



Recession-wary performers turn Las Vegas Strip into parade of characters.

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# Aniston wearing heart on sleeve

► 42-year-old actress makes it clear she is smitten with new boyfriend Justin Theroux ► Says she is 'extremely happy' about her personal life

Jennifer Aniston enjoying time with new boyfriend Justin Theroux — and is even willing to talk about it.

When asked during a Good Morning America interview if she's happy in her personal life right now, the former Friends star responded, "Yes, I'm very happy. I'm extremely lucky, and I'm extremely

happy."

Aniston even brought Theroux along for her Inside the Actors Studio taping, according to People magazine.

"Whenever there would be a lull, she would just look at him and give him a wink and go back to what she was doing," an audience member tells the magazine. ● METRO



ALL PHOTOS GETTY IMAGES

## Sheen Goddess Two packs her bags

Charlie Sheen has lost another "goddess," as girlfriend Natalie Kenly reportedly moved out of his Mulholland Estates mansion last week, according to TMZ.

And the embattled former Two and a Half Men star isn't too pleased about it, demanding Kenly return a Mercedes he bought as a gift while they were dating. ● METRO



## Pippa rumours have Harry laughing

Prince Harry is clearing up any confusion about his personal life. "I am not seeing anyone at the moment. I'm 100 per cent single. I'm working a lot at the moment, so dating

and watching TV are the last things I have time for," he says, according to the Daily Mail. As for specific rumors about Harry getting cosy with Pippa Middleton? "Pippa? Ha! No," he says. ● METRO



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► Shia LaBeouf

## Shia is Pho in love

Five months after meeting at an L.A. karaoke club, Shia LaBeouf says he and stylist girlfriend Karolyn Pho are still going strong — and Pho is even helping broaden his palate. "[Karolyn's] having me try

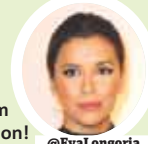
different things. I was scared of fish, 'cause of my upbringing, being Jewish. Gefilte can ruin your entire seafood life," LaBeouf tells the Los Angeles Times.

● METRO

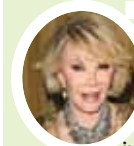
### Celebrity tweets



"Sorry I'm on vacation! I'll tweet more when I'm back!"  
@EvaLongoria



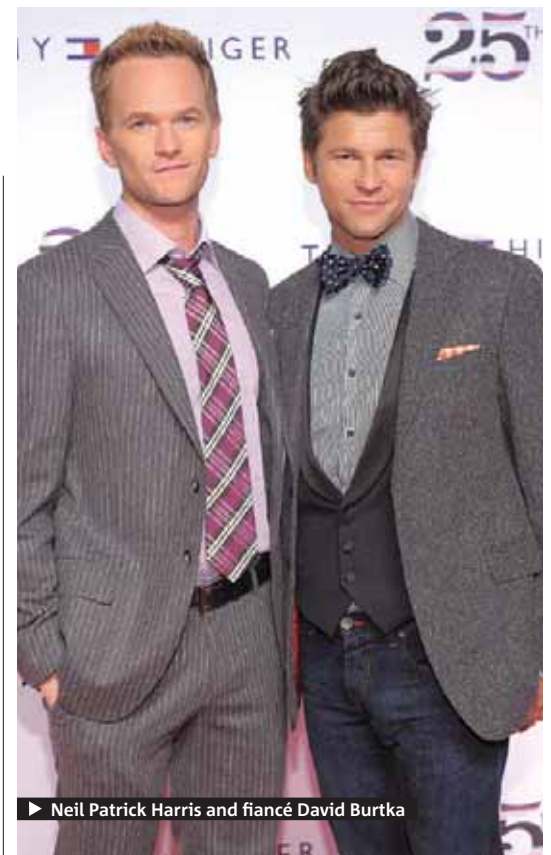
@BruckheimerJB  
"Some of my dogs have been walking around the office wearing cone collars lately - thankfully, they're getting better now"



@joan\_rivers  
"Poor Lindsay Lohan spends so much time in front of judges, her latest driver's license picture was done by a courtroom sketch artist."



@joelmchale  
"Boston... Every eatery claims 'Award Winning Chowder'. Either there's way too many chowder contests or 'award' is now part of the title."



► Neil Patrick Harris and fiancé David Burtka

## Harris reveals engagement as N.Y. reverses law

Neil Patrick Harris and boyfriend David Burtka took the opportunity of New York legalizing same-sex marriage to reveal that they're engaged — and have been for some time.

"David and I did propose to each other, but over five years ago," Harris posted on Twitter.

"We've been wearing engagement rings for ages, waiting for an available date." ● METRO



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► A new study shows that low vitamin D levels can lead to higher MS susceptibility.

# MS linked to low sun

► New study lends credibility to the theory that vitamin D a modifiable factor in disease risk ► Experts speculate it leads to abnormal response



It's a wicked combination that puts people at risk for multiple sclerosis: Low levels of sunlight plus "kissing disease."

Researchers at the University of Oxford in the U.K. have found that people who live far from the equator (in countries like Canada) and have had mononucleosis are at much greater risk for developing MS.

"It is an important finding because it adds weight

to the possibility that vitamin D can be considered a modifiable factor when it comes to increased MS risk," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada.

Researchers in England studied records for Britain's National Health Service over seven years; they identified 56,681 cases of MS and 14,621 cases of mono. They also studied NASA data on sun intensity over the country. They found that the effects of sun exposure plus mono together explained 72 per

**"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility."**

DR. KAREN LEE

cent of variance in the occurrence of MS across the U.K.

They speculated that not having enough vitamin D in your body leads to an abnormal response to the very common Epstein-Barr virus, the virus

that causes mono.

Perhaps vaccines for the Epstein-Barr virus, as well as widespread use of vitamin D supplements, could lead to fewer cases of MS, they reported.

"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility," says Lee. "Additionally, it directly links two well-known suspects in MS susceptibility — vitamin D and the Epstein Barr virus."

The U.K. study was published in the prestigious journal Neurology.

## Vitamins

How much vitamin D do you need?

► **The more sunlight the better** Because Canada has relatively low levels of sunlight, make sure you get enough vitamin D. "There is a growing body of evidence that vitamin D can help prevent MS and other diseases," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada. Health Canada recommends 600 IU of vitamin D through daily food intake and up to 4000 IU through supplementation.

● CELIA MILNE

# 3

life

## Fitness pick

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**Clean eating**

You should choose foods that:

- ▶ Have no fake flavouring in them.
- ▶ Don't last for months in the cupboard but go off relatively fast as they contain no preservatives in them.
- ▶ Have no more than five or

- six ingredients.
- ▶ Are close to their natural state: an apple looks the same as hanging off the tree but fries look nothing like a potato.
- ▶ Contain no ingredients you can't pronounce or recognize.
- ▶ Don't make you feel gassy, bloated or full.
- ▶ Don't list sugar as the main or top 3 ingredients.



# Get your beach body ready now

▶ The guys at Bodyism Clinic are responsible for the strong, lean body of Transformers 3 actress Rosie Huntington Whiteley ▶ Co-owner James Duigan tells us how to get ready for the dreaded flesh baring season



**ROMINA MCGUINNESS**  
LIFE@METRONEWS.CA  
METRO WORLD NEWS IN LONDON



**"Sugar is a fattening toxin that causes wrinkles and adds a layer of flesh to your tummy."**

JAMES DUGAN

It's summer! But hear us out before you commit to some crazy juice fast and jog around your block 50 times to get into your teeny tiny bikini (or trunks).

James Duigan's book, "Clean and Lean: Flat Tummy Fast!" aims to get you toned and washboarded in just 14 days and before you gasp, yes it's possible.

"There are three crucial elements to change; nutrition, movement and mindset," says the co-owner of Bodyism.

## Nutrition and mindset: eat 'clean'

"All transformation happens in the mind. The rest is details," says Duigan.

He believes that a body can only be lean if it's clean.

"So many people have a toxic relationship with food that stops them from being clean."

The body stores toxins in its fat cells so if your diet is toxic, yes you will eventually lose fat, but slowly, as these will have no where to go but right

back in your system, making you to feel tired and low in energy.

Ironically, some diets make us more toxic, and weight loss becomes a struggle. Duigan swears by "clean," toxin free foods that are natural and unprocessed devoid of chemicals to lose the weight and keep it off.

"Sugar is the number one culprit for getting out of shape," says Duigan who refers to it as a "nuclear fat bomb" exploding all over your body. It converts to fat quicker than fat itself as sugary foods raise insulin levels, triggering fat storage.

He also points out that sugar speeds up the breakdown of collagen, a pro-

tein found in the connective tissue of the skin that helps keeps it plump and firm, excessive consumption causing the skin to sag and wrinkle prematurely.

This takes us to crav-

ings, as Duigan describes sugar as being both physically and emotionally addictive. Physically, we get an instant energy buzz from eating it (it has the same effect on the brain as pain killing drug morphine) and emotionally, we associate eating it with some sort of "reward."

## Cut out the C.R.A.P.

**Caffeine:** OK in small doses. For coffee, more than two cups a day is excessive and for green tea, have no more than six cups a day.

**Refined sugars:** These are no-nos: fruit juice, white bread, cakes and anything ending in 'ose' (fructose, glucose, sucrose)

**Alcohol:** It's full of sugar and stimulates the production of the hormone oestrogen in the bloodstream that promotes fat storage.

**Processed Foods:** These break all the rules as they have been stripped of their natural goodness.

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## DOES YOUR MOUTH PASS THE SMELL TEST?

You know the test! Things look ok but something still does not "feel" right to you. You might use the expression that it does not pass the "smell" test.

Well, as unpleasant a thought as it may be, **your mouth may be in a similar state of health.** All your teeth are there and they appear to be nice and white. But that "smell" test is emitting an odour that says something is wrong.

Truth be told, **one in four Canadians suffers from bad breath** that cannot be controlled with regular brushing, flossing or dental treatments. Of course, mouthwash or breath mints do little more than cover up the problem for a very brief period.

These people might be surprised to learn that their **bad breath may indicate a more serious, underlying health issue.** Perhaps some form of local infection in the respiratory tract might be the cause. However, it may also be a sign of sinusitis, bronchitis, untreated diabetes or kidney or liver issues. All of these medical conditions need to be treated by a physician.

In most cases, however, bad breath is the result of **poor oral hygiene.** If you are not brushing and flossing on a regular basis, food particles can be allowed to build up between your



**Dr. Peter Georgopoulos**  
Dental Surgeon

teeth. These particles attract a lot of **bacteria.** Keep in mind that your mouth is a nice, warm moist home which bacteria naturally finds very attractive! Add in some decaying food particles and you will have very happy bacteria!

Of course, this can lead to further, more serious oral health issues. The build-up of bacteria can penetrate the gums resulting in **gum disease, also known as periodontitis.** This can result in gum recession, tooth loss and even bone loss in the jaw. More seriously, these harmful bacteria will have an easy access route to your

blood system and may spread their infections to other parts of the body, including the heart and lungs!

So don't be afraid to see if your breath passes the "smell" test. Just cup your hand over your mouth so that your breath is directed toward your nose. Then exhale. If something does not smell right, you might have to pay greater attention to your brushing and flossing habits.

The best news is that good oral hygiene practices, including regular visits to your dentist, will usually be sufficient to alleviate your breath problems. You may find that is all you need to do to turn your unpleasant odour into something that passes any smell test. Of course, if you are a smoker, quitting that habit may also be necessary to improve your breath.

Any way you look at it, getting rid of bad breath is good for your confidence and also good for your health. So make sure you are not having trouble with the "smell" test. Because eliminating bad breath is a healthy habit... and healthy habits lead to healthy lives.

*Dr. Peter Georgopoulos*  
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## Walnut Ice Cream Bonbons



Nothing says summer like ice cream and these walnut ice-cream bonbons are a perfect treat that is sure to make kids and adults alike smile. Lollipop sticks can be purchased at bulk stores.

### Preparation:

- 1 Scoop 12 small round balls of ice cream with a melon baller and insert lollipop stick into centre. Freeze for at least 30 minutes.
- 2 Meanwhile, in bowl, combine walnuts, maple syrup, sugar and cinnamon, stirring well to coat.
- 3 Pour mix onto parchment-lined bak-

ing sheet, spreading into one layer. Bake in a 200 C (400 F) oven for 10 mins, stirring once in between, until light golden. Let cool.

- 4 Melt chocolate wafers in microwave on high for three 30-second increments, stirring in between. Dip one ice-cream lollipop into chocolate, gently shaking off excess and quickly roll bottom into walnut mixture. Return to freezer until ready to serve. Repeat steps with remaining bonbons.

THE CANADIAN PRESS/ CALIFORNIA WALNUTS (WALNUTINFO.COM)

### Ingredients:

- 500 ml (2 cups) ice cream
- 12 lollipop sticks
- 250 ml (1 cup) walnut pieces, coarsely chopped

- 45 ml (3 tbsp) maple syrup
- 15 ml (1 tbsp) dark brown sugar
- 5 ml (1 tsp) cinnamon
- 375 ml (1 1/2 cups) dark chocolate melting wafers

# A tale of 3 Sisters and their delicious eats

► This bakery serves up gourmet Panini, freshly baked desserts and more

SHARI GOODMAN



► Chicken Panini (\$5.50).

## LUNCH RUSH

SHARI GOODMAN  
FOOD@METRONEWS.CA



Not long ago, a small, but decadent bakery opened in the Alta Vista area that provides gourmet Panini, fresh-baked desserts and homemade Lois 'n Prima's

ice cream in a homey atmosphere.

It also offers a variety of gluten-free baked goods along with the expected gluten-filled pastries.

Though seating is limited, the choices are not.

Listed on the chalkboard were a vegetarian, beef or chicken Panini.

The mix of chicken, organic cranberry compote and arugula was healthy and tasty.

It was served on the famous Art-is-in Boulangerie bread that many Ottawa foodies know and love.

Of course, I had to sample one of the sweet options and surrendered to the mini carrot cake loaves that came with a glowing recommendation from another customer.

This cake was moist but not oily, and the cream cheese frosting was smooth and thick.

Grab your sister (or a friend) and head to this quaint and tasty café.

► **3 Sisters Bakery**  
1791 Kiborn Ave.  
613-619-0607

**Reservations: No**  
**Quick solo lunch: Yes**  
**Lunch with co-workers: Yes**  
**Client negotiations: No**  
**Price range: \$**  
**Rating: 5 out of 5**

# Bring some almond joy to your table

THE CANADIAN PRESS/H/O



► This almond crusted chicken serves four.

### Preparation:

- 1 Preheat oven to 230 C (450 F). Ten mins before cooking chicken, put baking sheet in oven to preheat.
- 2 Finely zest orange and set zest aside. Cut top and bottom off orange, sit orange on one end on a cutting board and cut entire peel and pith off by cutting downward following the shape of the fruit. Then, using a paring knife, remove each section of orange

from the membrane. Set orange sections aside.

- 3 In bowl, whisk egg whites until slightly frothy. In shallow plate, combine orange zest, almonds and 1 ml (1/4 tsp) each of the salt and pepper. Put flour on large plate.

- 4 Remove heated baking sheet from oven; spray with cooking spray. Dip each chicken breast into flour, shaking off excess, then into egg white and

coat with almond mix. Place on baking sheet.

- 5 Spray top of chicken with cooking spray. Bake for 6 minutes, turn and bake for 6 minutes more, until chicken is cooked through.

- 6 In large bowl, combine fennel, arugula and orange. In small bowl, whisk olive oil, lemon juice and remaining 1 ml (1/4 tsp) each of salt and pepper. Pour dressing over salad and toss.

- 7 To serve, place chicken cutlets on each plate and top with a mound

of the salad.  
THE CANADIAN PRESS/ CALIFORNIA ALMONDS

### Ingredients:

- 1 orange
- 2 egg whites
- 175 ml (3/4 cup) sliced almonds, coarsely chopped
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 50 ml (1/4 cup) all-purpose flour
- 4 pieces thinly sliced boneless skinless chicken

- breasts (about 500 g/1 lb)
- Cooking spray
- 1/2 small fennel bulb, halved, cored and thinly sliced into half-moons (about 250 ml/1 cup)
- 1 l (4 cups) arugula, lightly packed (coarsely chopped if leaves are large)
- 30 ml (2 tbsp) extra-virgin olive oil
- 30 ml (2 tbsp) fresh lemon juice

# DINING WITH THE BOSS, 101

## CHARLES THE BUTLER



ASKCHARLES  
THEBUTLER@  
METRONEWS.CA

FOR MORE, VISIT  
CHARLES  
MACPHERSON.COM

**Dear Charles the Butler,**  
My wife and I have been invited for the first time to my boss's house for dinner. We are both very nervous. We live a casual lifestyle, but my boss and his wife live very formally. Tips please!  
**Nervous Couple**

Dear Nervous couple:

Going to your employer's for dinner is stressful at the best of times.

But alas, one must overcome social fears, especially if one wishes to succeed in long-term business relationships.



► Brush up on the latest news, master your table manners, but most importantly, be yourself when invited over to someone's home for dinner.

Etiquette is about confidence building, allowing you to be comfortable in most situations.

As a child, my parents laboured tirelessly to teach me table manners — no fingers even for chicken wings! I fought them both tooth and nail.

Soon enough I noticed that when I went to my friends' houses for dinner, their parents would say, "Why can't you learn to eat correctly like Charles?" And

that made me feel proud and confident.

Here is all you need to know to enjoy dinner with your boss — with confidence.

1. Take the time to learn how to correctly hold and use a fork and a knife — and practice, practice practice. If at any point you don't know what to do, take a deep breath and follow the hostess.

2. Read the newspaper for one week prior to the

dinner. This will allow you to be aware of what is going on in the world and add to the discussion.

3. See what the dress code is. If it's not clear don't be afraid to call and ask. If you are dressed appropriately you will feel more comfortable at the dinner.

4. Last but not least, be yourself! Don't put on any pretence — being sincere and genuine is by far the most important. Now go and have a great time!

# WHEN FACEBOOK AND LOVE DON'T MIX

## SMUG MARRIEDS



ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS

**My wife posts personal information on Facebook. How do I make her stop?**

**Angela says ...**

Have you spoken to her about it? She could be oblivious to your embarrassment.

Men and women have very different views on what's 'personal' in a relationship.

**Derek says...**

Some people are completely unaware of boundaries, though I'm sure that would have materialized before now. If talking doesn't work, you may need to employ some digital revenge. Just be prepared for a change in her Facebook relationship status.

**What's your stance on PDA?**

**Angela says ...**

Context is everything when it comes to public displays of affection. A couple in an embrace at the airport can warm the heart. But a couple groping one another at your dinner party is just tacky.

**Derek says...**

Less is more. Keep it toned down and strictly PG — imagine the FCC is watching and ready to slap a fine.

## Outdoor Water Ban Lifted:

**Barrhaven  
Riverside South  
Manotick**

All water restrictions are removed. Thank you for your cooperation in keeping our community's drinking water clean and safe during the outdoor water ban.

Remember, you have until June 30 to buy a rain barrel and be eligible for a \$50 rebate. All applications must be submitted by September 15 for rain barrels purchased between April 27 and June 30. All other voluntary compliance measures are cancelled.

For more information:  
Visit [ottawa.ca/waterinfo](http://ottawa.ca/waterinfo)  
Email [water-info@ottawa.ca](mailto:water-info@ottawa.ca)

**3-1-1**  
City services  
TTY 613-580-2401

# Surviving the heat of summer love



► Adding sizzle to a hot summer romance is easier than you think.

► Metro speaks with a handful of love experts who offer five steps for landing a hot summer romance



KARIN WASTESON

METRO WORLD NEWS

**1 How to find the right type for a summer fling:**  
Since it's summer, any terrain will be well stocked with holidaying hotties. "Whatever the activity is, tell your love interest you'd enjoy meeting up at some specific event," says Leil Lowndes, author of *How to Make Anyone Fall in Love With You*.

**2 How to write a sexy text:**  
Now's the time to get sexual with the written word. Or at least the typed version. Swedish relationship specialist Eva Rusz recommends you be

anatomical in your prose. "Describe what body part you really long for," she advises. But remember, "It can be as sexy to swoon for a person's brain as a person's private area."

**3 How to overcome jealousy:** Even on a far-flung vacation, jealousy can rear its ugly head. But as Simone Bienne, a TV relationship expert in the U.K., advises: "when a jealous thought creeps into your mind, shout stop. This can be super effective in managing your problem."

**4 How to know when it's time to cool a romance:**  
When the mystique fades, it's high time to end the romance. "If you no

longer feel excited to see the person, if you are no longer intrigued ... then you'd better call off the relationship," says Blaire Allison, blogger of *LoveGuru.net*.

**5 How to write a love letter:** If the embers still glow, try crafting a love letter. "Firstly, spell the person's name correctly. Anything after calling 'Ellen' 'Susan' won't matter," warns Bill Shapiro, former editor of *Life* magazine and author of *Other People's Love Letters: 150 Letters You Were Never Meant to See*. "The letters with the most resonance are those that capture a specific moment and how you thought about the person," Shapiro says.



# MEGA

AUTOMOBILE.com

[www.megaautomobile.com](http://www.megaautomobile.com)

Used car shopping is changing for the better in the national capital region, thanks to the recently expanded Mega Automobile in Gatineau, regions number 1 volume used dealer.

"In addition to the largest selection of pre-owned cars and trucks, we have added 16,000 square feet to our dealership at 1261 St. Joseph Blvd.," said Nader Dormani, owner of Mega Automobile. "We've added 8,000 more square feet to the showroom and about the same to the service area for a total of 40,000 sq-ft."

The renovation plan went ahead with the ultimate goal of making every customer visit, one of total convenience and satisfaction. Mega now has three large showrooms featuring over 40 vehicles indoor in addition to the largest inventory of Used Cars and Truck in the region. "We always have about 800 used cars and Trucks in stock and online at Megaautomobile.com for customers to check out." Says Mr. Dormani. "Now, with the new expansion, we've also increased the number of service bays from 7 to 15 to ensure quick delivery and service turnaround."

Providing customers with a convenient place to shop isn't the only reason why folks should make visiting Mega a priority. Mega offers the largest selection of high quality, economical rides that customers are now demanding. "Our selections of brand name gas sippers include all of the popular models," Nader said. "We've stocked up on such popular pre-owned vehicles as Toyota Echoes, Toyota Corollas, Mazda3s, Nissan Versas, Nissan Sentras, Honda Civics, Chevrolet Aveos and many more, and for customers looking for commercial vehicles and trucks, our new Truck Centre features over 300 high-quality Trucks, Vans and SUVs." Mr. Dormani has also been at the cutting edge of another bright idea. "We've been purchasing pre-owned vehicles in the U.S. for several years now and this means these automobiles are coming here without salt damage at lower prices."

Mega's "no catch, no gimmicks" has caught the imagination of buyers in the region to the point that 50% of buyers are repeat customers and referrals. "There are absolutely no added fees here at Mega," said Nader Dormani. "Each car has a price sticker and that's the price plus taxes and no other fees. That keeps things simple."

Government employees – that includes all levels of government: municipal, provincial, and federal – receive a sweet bonus when they finance their purchase at Mega.

"When a government employee finances his new vehicle with us, we pass the finance company commission of up to \$500 back to the customers. We've given about \$500,000 to government employees through this program during the past year."

For more information or to browse the entire selection, please visit [megaautomobile.com](http://megaautomobile.com) or call 819.770.2277.

## #1 Volume Used Cars & Trucks Dealer Around!



**1261 ST. JOSEPH BOULEVARD, GATINEAU 819.770.2277**



# 7 drawbacks of working at home

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA



I've worked at home for more than 25 years and almost everyone I know who doesn't, envies me.

There are workplace benefits galore: short commute, no wardrobe issues, few distractions, no time clock and excellent coffee.

But it's not Shangri-La. So as a public service to

**Make working from home effective with a strict schedule and a Do Not Disturb sign.**

-ALISON'S MONEY RULE

all you work-at-home wannabes, here is a list of drawbacks.

### 1. The if-you're-at-home-you-can't-be-working effect

This can range from unexpected and unwanted drop-ins during prime work hours to family calling for a lengthy chinwag.

### 2. No water cooler!

It can get lonely with no coworkers for time-wasting chats.

I've found myself trying to keep delivery people hanging around for company.

### 3. No work, no pay.

Sure you can take a break or vacation any time you want, but when you're not working you don't get paid.

Most self-employed people I know rarely take



holidays. And sick days? Forget about it!

### 4. The office is always open.

Nights and weekends are fair game because the office is right there.

Even on a Sunday morning an unfinished job seems to find you and push the guilt button.

And employers know you're there so they don't hesitate to call outside normal office hours.

### 5. Hey! I'm working here!

Guests never seem to get it that you have a job to do when you're in the office. Recently I had a visitor who loudly sang off key while I tried to

## Homebodies

- ▶ Nearly 12 per cent of all paid employees in Canada work at home.
- ▶ Twenty-five per cent work at home because it is a job requirement.
- ▶ Twenty-three per cent work at home because they prefer the working conditions.

work to a deadline.

### 6. Too many bosses!

Everyone you do business with is a potential boss. Juggling them all is often a challenge.

### 7. The kids hate it.

When mine were in the tween and teen years they yearned to be latchkey kids. How can you get into after school trouble if Mom is always there when you get off the school bus?

## POPQUIZ

**I keep reading news about a slowdown in the US economy – should I sell my investments?**

**A:** Money in America? Is that an oxymoron?

**B:** You should invest! You can't get the ups without going through the downs.

### FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at  
**Metronews.ca/YourMoney**

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Sponsored by:



metro

## Avoid 'staged' car accidents head on

- ▶ Dangerous problem is big business in the U.S.
- ▶ Now prevalent in Canada, especially in large cities

Canada has a new multi-billion-dollar industry, but it's doing more harm than good. It's called auto insurance fraud and it's caused by deliberate or staged accidents.

The Insurance Bureau of Canada estimates that insurance fraud, which includes staged car accidents and the subsequent filing of false insurance claims, is costing policyholders and insurance companies billions.

According to Ken Lindhardsen, Desjardins General Insurance vice president of Claims Operations, about \$1.3 billion of the \$9 billion collected annually in auto insurance premiums goes to cover the cost of fraud in Ontario alone.

"We think that one of the best ways to combat this issue is through public awareness," said Lindhardsen. "It's of vital impor-



tance now that this type of fraud has become a financial threat and a threat to public safety."

Here are tips to help you avoid a fraudulent accident.

1. Leave significant space between you and the vehicle ahead in case they brake suddenly.
2. Be wary if someone waves you in to merge or change lanes as they may be setting you up for a collision.
3. Exercise extra caution

when making a left-hand turn because the oncoming car, which may seem far away, could deliberately accelerate and hit you.

4. Pay attention when you are driving, as the fraudsters deliberately target distracted drivers — for example, a driver talking on a cellphone.

5. If you are in an accident, be wary if you are pressured or offered money by anyone to use a particular auto body shop, paralegal or medical professional.



## Wimbledon. Big names bounced



▶ Venus Williams returns a shot to Tsvetana Pironkova yesterday.

THE ASSOCIATED PRESS

## Williams sisters exit Wimbledon, as does Wozniacki

Venus and Serena Williams were both eliminated in the fourth round of Wimbledon yesterday, the first time in five years that neither sister will play in the quarter-finals at the All England Club.

Also knocked out was top-seeded Caroline Wozniacki, who fell 1-6, 7-6 (5), 7-5 to No. 24 Dominika Cibulkova.

Six-time men's champion Roger Federer survived a scare, dropping his first set of the tournament before coming back to down Mikhail Youzhny 6-7 (5), 6-3, 6-3, 6-3 to reach his 29th successive Grand Slam quarter-final.

## Sinclair a reluctant hero

▶ Canadian captain tries to avoid the spotlight after playing through broken nose to score against Germany ▶ She will wear a face mask on Thursday when Canada returns to field

Christine Sinclair played the role of reluctant hero yesterday.

The Canadian soccer captain made headlines Sunday for bending in a free kick for a highlight-reel goal despite breaking her nose in a 2-1 loss to Germany at the FIFA Women's World Cup.

Within hours of the game, Sinclair was trending on Twitter, and still was a full 24 hours later.

"When I woke up for breakfast this morning,

(teammate Robin Gayle) said, 'You can scrap it off your bucket list, you trended last night.' I said, 'I don't even know what that means,'" Sinclair said with a laugh.

But while the 28-year-old from Burnaby, B.C., might have been big news Sunday night, she wanted little to do with the spotlight the next day — especially if there were cameras involved. She met with a small group of reporters in a hotel lobby,

but paused when she walked off the elevator and spotted a camera.

"There is nothing good about this," Sinclair said, pointing to her nose and frowning.

Sinclair had her nose broken by a hard elbow from Germany's Babett Peter, but stayed in the game — against the wishes of the team's medical staff.

She had her nose reset in a Berlin hospital, and spent yesterday morning being fitted for a protec-

**"It was painful, but there was so much adrenalin."**

CHRISTINE SINCLAIR

tive face mask. She isn't thrilled with the thought of actually wearing it Thursday when the sixth-ranked Canadians face No. 7 France in a game Canada can't afford to lose.

"I'm going to try to convince (the medical staff) to not make me wear it," Sinclair said. "I've heard it's not fun to wear. Your vi-

sion is limited."

The mask is similar to the one worn by Italian soccer star Marco Materazzi or Detroit Pistons guard Richard Hamilton.

For now, she has a flesh-coloured hard brace protecting her nose.

Sinclair shrugged off talk of being a big deal back home.

"No, I have no idea, it's been a hectic day," she said. "I haven't even called my parents yet."

THE CANADIAN PRESS

## Dodgers file for bankruptcy protection

One of baseball's proudest franchises is in tatters, its future to be decided not on the field but in the courtroom.

The Los Angeles Dodgers filed for bankruptcy protection in a Delaware court yesterday, blaming Major League

Baseball for refusing to approve a multibillion-dollar TV deal that owner Frank McCourt was counting on to keep the troubled franchise afloat.

McCourt, upset that baseball commissioner Bud Selig rejected the proposed TV deal last week,

hopes a federal judge will approve \$150 million US in financing to be used for daily operations, which would give him more time to seek a more favourable media contract. A hearing is set for today in Wilmington, Del.

THE ASSOCIATED PRESS

## EXTENSION

## Canucks lock up Bieksa: Source

The Vancouver Canucks have kept Kevin Bieksa

from hitting the market, signing the defenceman to a \$23-million US, five-year extension.

The team wasn't expected to announce the deal yesterday, but a source confirmed it had been completed.

Bieksa would have become an unrestricted free agent on Friday.

THE CANADIAN PRESS

4  
sports

## Quoted



**"I expect a real motivated, real focused guy, and a guy whose body and his injury is ready to go. He's really well beyond (ready), so I think he'll be at full-go coming into training camp and really motivated."**

PENGUINS COACH

DAN BYLSMA ON STAR CENTRE EVGENI MALKIN, WHO HE SAYS IS PROBABLY "ALREADY READY TO GO"

FOR THE START OF NEXT SEASON FOLLOWING RECOVERY FROM TORN LIGAMENTS IN HIS RIGHT KNEE. HE ALSO SAID CAPTAIN SIDNEY CROSBY HAS BEEN CLEARED BY DOCTORS FOR TWICE-PER-DAY, OFF-ICE WORKOUTS.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	45	31	.592	—
Boston	45	32	.584	1/2
Tampa Bay	44	35	.557	2 1/2
Toronto	39	40	.494	7 1/2
Baltimore	35	40	.467	9 1/2
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	43	36	.544	—
Cleveland	40	36	.526	1 1/2
Chicago	38	41	.481	5
Kansas City	33	45	.423	9 1/2
Minnesota	32	44	.421	9 1/2
WEST DIVISION				
	W	L	Pct	GB
Texas	41	38	.519	—
Seattle	39	39	.500	1 1/2
Los Angeles	39	40	.494	2
Oakland	35	44	.443	6

AMERICAN LEAGUE

Last night's result  
Detroit 4 Toronto 2

INTERLEAGUE

Last night's results  
Cincinnati 5 Tampa Bay 0  
L.A. Dodgers at Minnesota  
Cleveland at Arizona  
Kansas City at San Diego  
Washington at L.A. Angels  
Atlanta at Seattle  
Sunday's results  
Detroit 8 Arizona 3  
Boston 4 Pittsburgh 2  
Baltimore 7 Cincinnati 5  
Philadelphia 3 Oakland 1  
N.Y. Yankees 6 Colorado 4  
Tampa Bay 14 Houston 10  
Kansas City 6 Chicago Cubs 3  
Milwaukee 6 Minnesota 2  
Washington 2 Chicago White Sox 1  
Toronto 5 St. Louis 0  
N.Y. Mets 8 Texas 5  
L.A. Dodgers 3 L.A. Angels 2  
San Francisco 3 Cleveland 1  
Seattle 2 Florida 1 (10 innings)  
Today's games  
All Times Eastern  
Boston (Beckett 6-2) at Philadelphia (C.Leee 8-5), 7:05 p.m.  
Milwaukee (Greinke 7-2) at N.Y. Yankees (F.Garcia 6-6), 7:05 p.m.  
N.Y. Mets (Dickey 3-7) at Detroit (Porcello 6-5), 7:05 p.m.  
St. Louis (Lohse 7-4) at Baltimore (Britton 6-5), 7:05 p.m.  
Pittsburgh (Correia 9-6) at Toronto (Jo-Reyes 3-6), 7:07 p.m.  
Cincinnati (Cueto 5-2) at Tampa Bay (Price 8-6), 7:10 p.m.  
Texas (C.Wilson 7-3) at Houston (Lyles 0-2), 8:05 p.m.  
L.A. Dodgers (Lilly 5-7) at Minnesota (Duensing 4-7), 8:10 p.m.  
Chicago White Sox (Floyd 6-7) at Colorado (Hammel 4-7), 8:40 p.m.  
Cleveland (Tomlin 9-4) at Arizona (D.Hudson 9-5), 9:40 p.m.  
Florida (Vazquez 4-7) at Oakland (G.Gonzalez 6-5), 10:05 p.m.  
Kansas City (F.Paulino 0-1) at San Diego (Richard 3-9), 10:05 p.m.  
Washington (Marquis 7-2) at L.A. Angels (Pineiro 3-3), 10:05 p.m.  
Atlanta (Hanson 4-8) at Seattle (Pineda 7-4), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	49	30	.620	—
Atlanta	44	35	.557	5
Washington	40	38	.513	8 1/2
New York	39	39	.500	9 1/2
Florida	34	44	.436	14 1/2
CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	44	35	.557	—
St. Louis	41	38	.519	3
Cincinnati	41	39	.513	3 1/2
Pittsburgh	39	38	.506	4
Chicago	32	46	.410	11 1/2
Houston	28	51	.354	16
WEST DIVISION				
	W	L	Pct	GB
San Francisco	44	34	.564	—
Arizona	43	36	.544	1 1/2
Colorado	38	40	.487	6
Los Angeles	35	44	.443	9 1/2
San Diego	34	45	.430	10 1/2

NATIONAL LEAGUE

Yesterday's result  
Colorado at Chicago Cubs  
Sunday's result  
San Diego 4 Atlanta 1  
Today's games  
All Times Eastern  
San Francisco at Chicago Cubs, 2:20 p.m. (1st gm)  
San Francisco at Chicago Cubs, 8:05 p.m. (2nd gm)  
TIGERS 4, BLUE JAYS 2  
Toronto ab r h bi Detroit ab r h bi  
YEScor ss 4 0 1 0 Dirks cf-ff 3 0 0 0  
ETHms lf 4 1 1 0 Kelly 3b-ff 3 0 0 0  
Bautist rf 4 0 2 1 Boesch lf 4 1 2 0  
Lind lb 3 1 1 1 Inge 3b 0 0 0 0  
A.J.Hill 2b 4 0 1 0 MiCarr 1b 4 1 2 0  
CPTsrn dh 4 0 1 0 VMrtz dh 4 0 2 2  
JMolin c 3 0 1 0 Ordonez rf 4 0 2 0  
JMcDnl pr 0 0 0 0 AJcksn pr-cf 0 1 0 0  
J.Mix 3b 3 0 0 0 JHPerit ss 4 1 2 1  
JRIver ph 1 0 0 0 Avila c 3 0 1 0  
RDavis cf 3 0 0 0 Raburn 2b 4 0 1 1  
RSant2b 0 0 0 0  
Totals 33 2 8 2 Totals 33 4 12 4  
Toronto 000 200 000 —2  
Detroit 011 000 02x —4  
E—Jh.Peralta (4). DP—Toronto 2, Detroit 2.  
LOB—Toronto 6, Detroit 9. 2B—E.Thames (5), Bautista (12), Boesch (19), V.Martinez (20).  
3B—Jh.Peralta (3). HR—Lind (16). SB—A.Hill (10), A.Jackson (13). S—J.Molina, Dirks.  
Toronto IP H R ER BB SO  
Z.Stewart 6 9 2 2 1 4  
Frasor 1 1 0 0 0 1 0  
Rzepczynski L,2-2 1-3 1 1 1 0 0  
Camp 1-3 1 1 1 1 0 0  
L.Perez 1-3 0 1 0 0 0 0  
Detroit  
Scherzer 7 6 2 2 1 9  
Benoit W,2-3 1 1 0 0 0 1  
Valverde S,18-18 1 1 0 0 0 0  
WP—Scherzer.  
T—3:01. A—25,181 (41,255) at Detroit.

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS

Through June 26  
1. Carl Edwards, 573; 2. Kevin Harvick, 548; 3. Jimmie Johnson, 540; 4. Kurt Busch, 539; 5. Kyle Busch, 536; 6. Matt Kenseth, 521; 7. Dale Earnhardt Jr., 508; 8. Clint Bowyer, 496; 9. Jeff Gordon, 480; 10. Ryan Newman, 475.

TENNIS

WIMBLEDON

At London  
Yesterday's results  
MEN  
Singles — Fourth Round  
Rafael Nadal (1), Spain, def. Juan Martin del Potro (24), Argentina, 7-6 (6), 3-6, 7-6 (4), 6-4.  
Novak Djokovic (2), Serbia, def. Michael Llodra (19), France, 6-3, 6-3, 6-3.  
Roger Federer (3), Switzerland, def. Mikhail Youzhny (18), Russia, 6-7 (5), 6-3, 6-3, 6-3.  
Andy Murray (4), Britain, def. Richard Gasquet (17), France, 7-6 (3), 6-3, 6-2.  
Mardy Fish (10), U.S., def. Tomas Berdych (6), Czech Republic, 7-6 (5), 6-4, 6-4.  
Jo-Wilfried Tsonga (12), France, def. David Ferrer (7), Spain, 6-3, 6-4, 7-6 (1).  
Bernard Tomic, Australia, def. Xavier Malisse, Belgium, 6-1, 7-5, 6-4.  
Feliciano Lopez, Spain, def. Lukasz Kubot, Poland, 3-6, 6-7 (5), 7-6 (7), 7-5, 7-5.  
Doubles — Second Round  
Bob and Mike Bryan (1), U.S., def. Alex Bogomolov, Jr., U.S., and Ivo Karlovic, Croatia, 7-6 (4), 6-4, 7-5.  
Ashley Fisher and Stephen Huss, Australia, def. Eric Butorac, U.S., and Jean-Julien Rojer (9), Netherlands Antilles, 6-4, 6-3, 6-3.  
Michael Llodra, France, and Nenad Zimonjic (6), Serbia, def. Somdev Devvarman, India, and Kei Nishikori, Japan, 6-3, 6-4, 7-6 (5).  
Colin Fleming and Ross Hutchins, Britain, def. Grigor Dimitrov, Bulgaria, and Dmitry Turunov, Russia, 4-6, 6-2, 6-7 (4), 6-2, 6-4.  
Carsten Ball, Australia, and Santiago Gonzalez, Mexico, def. Chris Guccione, Australia, and Adil Shamasdin, Pickering, Ont., 7-6 (4), 7-6 (6), 6-4.  
Third Round  
Robert Lindstedt, Sweden, and Horia Tecau (8), Romania, def. Juan Ignacio Chela and Eduardo Schwank (12), Argentina, 7-6 (6), 7-6 (2), 7-6 (8).  
Christopher Kas, Germany, and Alexander Peya, Austria, def. Kevin Anderson, South Africa, and Julian Knowle, Austria, 7-6 (5), 6-7 (1), 6-4, 5-7, 8-6.  
Arnaud Clement, France, and Lukas Dlouhy, Czech Republic, def. Marcel Granollers and Tommy Robredo (14), Spain, 6-3, 7-5, 7-5.  
WOMEN  
Singles — Fourth Round  
Dominika Cibulkova (24), Slovakia, def. Caroline Wozniacki (1), Denmark, 1-6, 7-6 (5), 7-5.  
Victoria Azarenka (4), Belarus, def. Nadia Petrova, Russia, 6-2, 6-2.  
Maria Sharapova (5), Russia, def. Peng Shuai (20), China, 6-4, 6-2.  
Marion Bartoli (9), France, def. Serena Williams (7), U.S., 6-3, 7-6 (6).  
Petra Kvitova (8), Czech Republic, def. Yanina Wickmayer (19), Belgium, 6-0, 6-2.  
Tsvetana Pironkova (32), Bulgaria, def. Venus Williams (23), U.S., 6-2, 6-3.  
Sabine Lisicki, Germany, def. Petra Cetkovska, Czech Republic, 7-6 (3), 6-1.  
Tamira Paszek, Austria, def. Ksenia Pervak, Russia, 6-2, 2-6, 6-3.  
Doubles — Second Round  
Sabine Lisicki, Germany, and Sam Stosur, Australia, def. Vania King, U.S., and Yaroslava Shvedova (1), Kazakhstan, 6-4, 6-3.  
Nuria Llagostera Vives and Arantxa Parra Santonia, Spain, def. Bethanie Mattek-Sands and Meghann Shaughnessy (5), U.S., 3-6, 6-3, 6-2.  
Nadia Petrova, Russia, and Anastasia Rodionova (6), Australia, def. Ana Ivanovic, Serbia, and Andrea Petkovic, Germany, 6-3, 3-6, 6-1.  
Peng Shuai and Zheng Jie (8), China, def. Mariya Koryttseva, Ukraine, and Tatiana Poutchek, Belarus, 6-3, 6-7 (6), 6-0.  
Kimiko Date-Krumm, Japan, and Zhang Shuai, China, def. Chan Yung-jan, Taiwan, and

Monica Niculescu (12), Romania, 6-2, 6-4.  
Daniela Hantuchova, Slovakia, and Agnieszka Radwanska (13), Poland, def. Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, 4-6, 6-4, 6-4.  
Cara Black, Zimbabwe, and Shahar Peer (14), Israel, def. Raquel Kops-Jones and Abigail Spears, U.S., 6-2, 6-3.  
Angelique Kerber, Germany, and Christina McHale, U.S., def. Olga Govortsova, Belarus, and Alla Kudryavtseva (16), Russia, 2-6, 6-2, 6-1.  
Sorana Cirstea, Romania, and Ayumi Morita, Japan, def. Sophie Lefevre, France, and Evgeniya Rodina, Russia, 7-5, 6-3.  
Sara Errani and Roberta Vinci, Italy, def. Tsvetana Pironkova, Bulgaria, and Chanelle Scheepers, South Africa, 6-3, 6-1.  
Third Round  
Marina Erakovic, New Zealand, and Tamarine Tanasugarn, Thailand, def. Iveta Benesova and Barbora Zahlavova Strycova (10), Czech Republic, 6-2, 6-1.  
MIXED DOUBLES  
Second Round  
Mahesh Bhupathi, India, and Elena Vesnina (4), Russia, def. Stephen Huss and Anastasia Rodionova, Australia, 6-2, 7-6 (3).  
Jonathan Erlich and Shahar Peer, Israel, def. Aisam-ul-Haq Qureshi, Pakistan, and Kveta Peschke (5), Czech Republic, 6-3, 6-1.  
Rajeev Ram, U.S., and Alexandra Dulgheru, Romania, def. Philipp Petzschner, Germany, and Barbora Zahlavova Strycova (7), Czech Republic, 6-2, 7-1.  
Daniel Nestor, Toronto, and Chan Yung-jan (8), Taiwan, def. Ashley Fisher, Australia, and Natalie Grandin, South Africa, 6-2, 6-3.  
Jurgen Melzer, Austria, and Iveta Benesova (9), Czech Republic, def. Andreas Seppi and Alberta Brianti, Italy, 6-4, 6-3.  
Eric Butorac, U.S., and Olga Govortsova, Belarus, def. Frantisek Cermak and Lucie Hradecka (13), Czech Republic, 6-2, 6-1.  
Leander Paes, India, and Cara Black (14), Zimbabwe, def. Rogier Wassen, Netherlands, and Alicja Rosolska, Poland, 6-1, 6-4.  
Andy Ram, Israel, and Meghann Shaughnessy (15), U.S., def. Ken Skupski and Elena Balanescu, Britain, 6-4, 6-4.  
Eduardo Schwank, Argentina, and Alla Kudryavtseva, Russia, vs. Martin Damm and Renata Voracova, Czech Republic, 7-6 (3), 6-7 (5), susp., darkness.  
JUNIORS  
Boys  
Doubles — First Round  
Julien Cagnina and Joris De Loore, Belgium, def. Kimmer Coppejans, Belgium, and Filip Peilow, North Vancouver, B.C., 6-4, 6-2.  
Girls  
Singles — First Round  
Eugenie Bouchard (5), Westmount, Que., def. Megane Bianco, Switzerland, 6-4, 6-2.

CFL

REGULAR SEASON

All Times Eastern  
WEEK ONE  
Thursday's game  
B.C. at Montreal, 7:30 p.m.  
Friday's games  
Winnipeg at Hamilton, 6 p.m.  
Toronto at Calgary, 9 p.m.  
Sunday's game  
Edmonton at Saskatchewan, 7 p.m.

GOLF

PGA TOUR FEDEXCUP LEADERS

Through June 26	Points	Money	YTD
1. Luke Donald	1,455	\$3,550,248	
2. Bubba Watson	1,448	\$3,017,350	
3. Mark Wilson	1,321	\$2,690,688	
4. Matt Kuchar	1,306	\$2,878,861	
5. Nick Watney	1,298	\$3,073,233	
6. David Toms	1,280	\$2,920,730	
7. Phil Mickelson	1,261	\$2,365,652	
8. K.J. Choi	1,236	\$2,996,104	
9. Gary Woodland	1,215	\$2,392,395	
10. Brandt Snedeker	1,191	\$2,561,139	
11. Steve Stricker	1,173	\$2,348,956	
12. Martin Laird	1,165	\$2,358,204	
13. Jonathan Byrd	1,154	\$2,286,892	
14. Webb Simpson	1,150	\$2,720,362	
15. Jason Day	1,141	\$2,200,867	
16. Rory Sabbatini	1,137	\$2,329,848	
17. Aaron Baddeley	1,112	\$2,026,682	
18. Fredrik Jacobson	1,112	\$2,140,082	
19. Hunter Mahan	1,032	\$2,080,921	
20. Charl Schwartzel	980	\$1,695,915	
21. Bill Haas	911	\$1,947,228	
22. Dustin Johnson	891	\$1,822,168	
23. Keegan Bradley	889	\$1,739,966	
24. Jhonattan Vegas	889	\$1,683,006	
25. Steve Marino	881	\$1,613,068	
26. D.A. Points	853	\$1,614,010	
27. Spencer Levin	825	\$1,678,060	
28. Ryan Palmer	815	\$1,532,130	
29. Jason Dufner	813	\$1,460,104	
30. Vijay Singh	799	\$1,450,400	
31. Brendan Steele	756	\$1,587,837	
32. Ryan Moore	737	\$1,252,470	
33. Y.E. Yang	728	\$1,341,751	
34. Brandt Jobe	707	\$1,377,188	
35. Tommy Gainey	701	\$1,372,182	
36. Lucas Glover	699	\$1,072,198	
37. Justin Rose	680	\$1,337,745	
38. Charley Hoffman	672	\$1,213,495	
39. Bo Van Pelt	665	\$1,233,265	
40. Charles Howell III	663	\$1,131,621	
41. Kevin Na	649	\$1,315,557	
42. Zach Johnson	638	\$1,192,489	
43. Robert Garrigus	629	\$1,387,006	
44. Harrison Frazer	624	\$1,184,755	
45. J.B. Holmes	617	\$1,966,820	
46. Robert Karlsson	609	\$999,066	
47. John Senden	607	\$875,907	
48. Brian Gay	600	\$960,036	
49. Rickie Fowler	548	\$775,467	
50. John Rollins	541	\$775,467	
51. J.J. Henry	541	\$687,001	
52. Charlie Wi	528	\$663,109	
53. Chris Kirk	527	\$889,716	
54. Brian Davis	524	\$889,716	
55. Jimmy Walker	506	\$858,153	
56. Carl Pettersson	503	\$930,875	
57. Kevin Streelman	503	\$894,412	
58. Robert Allenby	501	\$809,028	
59. Stewart Cink	492	\$1,156,153	
60. Adam Scott	492	\$644,788	
61. Brendon de Jonge	490	\$835,810	
62. Ricky Barnes	485	\$772,767	
63. Marc Leishman	481	\$878,907	
64. Ruyii Imada	479	\$987,558	
65. Graeme McDowell	476	\$1,008,960	
66. Kevin Chappell	475	\$952,300	
67. Johnson Wagner	471	\$767,876	
68. Jerry Kelly	471	\$903,091	
69. Sergio Garcia	471	\$850,388	
70. Pat Perez	468	\$1,087,356	
71. Paul Goydos	460	\$738,556	
72. Chris Couch	459	\$769,757	
73. Jim Furyk	451	\$771,151	
74. Ben Crane	443	\$818,895	
75. Michael Bradley	439	\$761,516	
76. Troy Matteson	425	\$525,966	
77. Blake Adams	415	\$717,170	
78. Jeff Overton	407	\$800,463	
79. Geoff Ogilvy	406	\$758,178	
80. Scott Verplank			
Also			
114. Tiger Woods	287	\$571,363	
123. David Hearn	262	\$387,108	
124. Stephen Ames	256	\$452,972	

SOCCER

MLS

EASTERN CONFERENCE							
	GP	W	L	T	GF	GA	Pt
Philadelphia	16	7	4	5	19	14	26
Columbus	16	6	4	6	20	17	24
New York	17	5	3	9	27	21	24
Houston	17	4	6	7	21	22	19
D.C. United	15	4	5	6	21	27	18
Kansas City	15	4	6	5	19	21	17
Chicago	17	2	4	11	18	21	17
New England	17	3	8	6	13	21	15
Toronto	18	2	7	9	16	29	15
WESTERN CONFERENCE							
Los Angeles	19	9	2	8	25	15	35
Dallas	17	9	4	4	24	17	31
Seattle	18	8	4	6	23	16	30
Real Salt Lake	15	7	3	5	18	9	26
Colorado	17	5	5	7	19	21	22
San Jose	15	5	5	5	20	17	20
Portland	15	5	7	3	18	26	18
Chivas USA	16	4	7	5	20	21	17
Vancouver	16	2	7	7	16	22	13

Sunday's results  
Columbus 4 Colorado 1  
New York 1 Chicago 1  
Seattle 2 New England 1  
Tomorrow's game  
All Times Eastern  
Vancouver at Toronto, 7:30 p.m.  
NASL  
Sunday's result  
Edmonton 1 Montreal 0  
Tomorrow's games  
All Times Eastern  
Tampa Bay at Fort Lauderdale, 7:30 p.m.  
Puerto Rico at Montreal, 7:30 p.m.

FIFA WOMEN'S WORLD CUP

Yesterday's results  
At Bochum, Germany  
Japan 2 New Zealand 1  
At Wolfsburg, Germany  
Mexico 1 England 1  
Sunday's results  
At Berlin  
Germany 2 Canada 1  
At Sinshiem, Germany  
France 1 Nigeria 0  
Today's games  
All Times Eastern  
At Leverkusen, Germany  
Colombia vs. Sweden, 9 a.m.  
At Dresden  
U.S. vs. South Korea, 12:15 p.m.

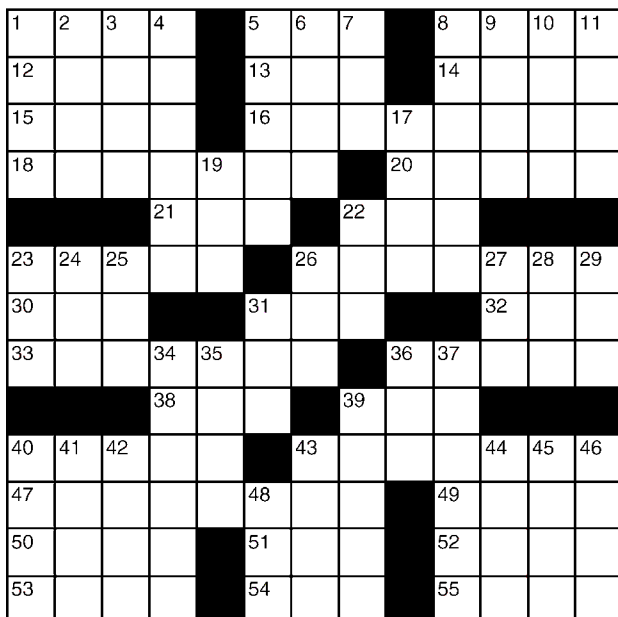
FIFA MEN'S UNDER-17 WORLD CUP



## Crossword

### Across

- 1 "— have to do"  
5 Crone  
8 Particular  
12 — En-lai  
13 Bullring cheer  
14 Pianist Peter  
15 Time of prosperity  
16 1960s quartet member Elliot  
18 Speaks unclearly  
20 Increases  
21 Listening organ  
22 Collection  
23 Rowling's Potter  
26 Souvenir  
30 Matterhorn, for one  
31 Transmit electroni-  
cally  
32 LummoX  
33 Copycat's skill  
36 Entire range  
38 Bashful  
39 Young dog  
40 Report card letter  
43 Champagne and OJ drinks  
47 — Day (May 30)  
49 Energetic  
50 Paradise  
51 Past  
52 Franc replacement  
53 Zilch  
54 Cam-bridge sch.  
55 Verve  
**Down**  
1 Cold War weapon (Abbr.)  
2 Quaker pronoun  
3 Weaver's apparatus  
4 Wood  
5 Bart's dad  
6 "Woe is me!"

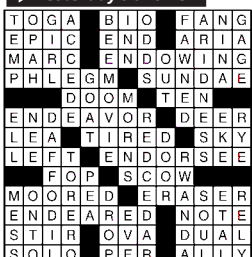


- 7 Jewel  
8 Spur on  
9 Ship-building wood  
10 Gaelic  
11 Rolling stone's lack?  
17 Throat-clearing sound  
19 Deposit  
22 Gender  
23 Stage hog  
24 Boxer Muhammad  
25 Spinning stat  
26 Has permission  
27 — de plume  
28 Greek cross

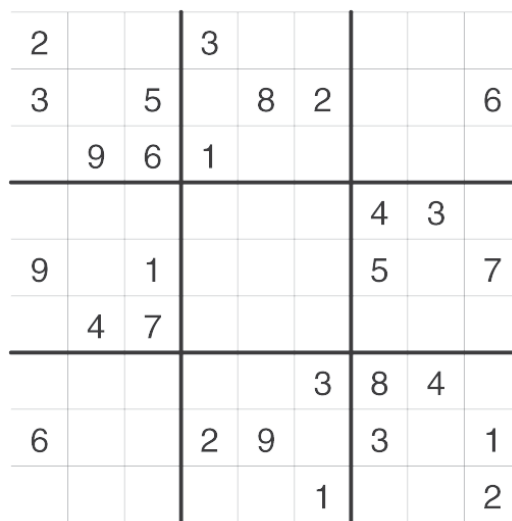
- 29 Frequently, for short  
31 Saute  
34 1926 song, "When Day —"  
35 "Moonstruck" Oscar winner  
36 Wrigley product  
37 Farthest orbital point  
39 Chesley Sullenberger, e.g.  
40 Feds  
41 Start over  
42 Prayer ending  
43 Creche trio

- 44 Satan's purchase  
45 Taj Mahal city / 46 Any day now  
48 Descartes' conclusion

### ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6	2	5	1	8	9	4	7	3
9	3	8	2	7	4	1	6	5
7	1	4	6	5	3	2	9	8
8	7	6	4	2	1	5	3	9
1	9	2	5	3	7	8	4	6
5	4	3	8	9	6	7	1	2
2	6	1	3	4	8	9	5	7
3	8	7	9	1	5	6	2	4
4	5	9	7	6	2	3	8	1

Yesterday's answer ►

**Today**

24°/16°  
Thunderstorms

**Wednesday**

23°/15°  
Variable

You have voted us #1 for best forecasts on TV. Thank you Canada!

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## Today's horoscope

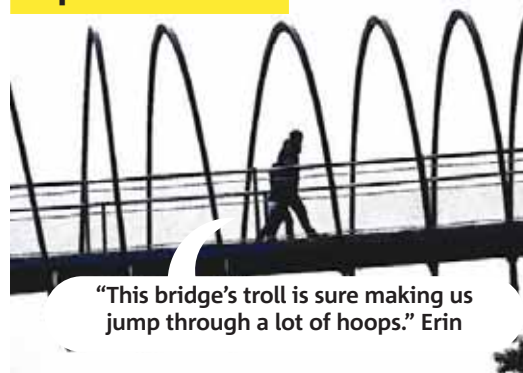
**♈ Aries** March 21-April 20 Open up a bit and let others know how you think and how you feel.  
**♉ Taurus** April 21-May 21 Your loyalty is impressive, but what about common sense?  
**♊ Gemini** May 22-June 21 Friends and family will rally round and help you out of a jam.  
**♋ Cancer** June 22-July 22 If someone takes liberties with you today you must hit back.  
**♌ Leo** July 23-Aug. 23 Your self-belief will see you through what could be a tricky day.

**♍ Virgo** Aug. 24-Sept. 22 Don't allow yourself to react to the kind of provocation that most others times would go right over your head.  
**♎ Libra** Sept. 23-Oct. 23 A clash of wills is inevitable over the next 24 hours.  
**♏ Scorpio** Oct. 24-Nov. 22 You may be under a bit of stress at the moment but it will bring out the best in you. kick-start your summer.  
**♐ Sagittarius** Nov. 23-Dec. 21 Get things done and, more importantly, get powerful people on your

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

side.  
**♑ Capricorn** Dec. 22-Jan. 20 It would be easy to let your anger get the better of you today — and a huge mistake.  
**♒ Aquarius** Jan. 21-Feb. 18 You are in no mood to sit back and let things happen — you want to reach out and get involved — but you would be wise to listen to what other people tell you.  
**♓ Pisces** Feb. 19-March 20. Someone will question your commitment to a cause — do they have a point? **SALLY BROMPTON**

## Caption contest



"This bridge's troll is sure making us jump through a lot of hoops." Erin



**WIN! You write it!**

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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Ages 6 - 12  
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# FROM 0 TO "SERIOUSLY, IT DOWNLOADED ALREADY?" IN SECONDS.

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